



Good Thru February 28, 2014



**Udi's  
Gluten Free  
Breads**  
12 OZ Reg. \$5.99  
All Stocked

**\$4.19**

No need to toast this bread, go ahead and eat straight from the bag.



**Chocolate Xoxox  
Gourmet Chocolate Bars**  
3.2 OZ Reg. \$3.59  
All Stocked

**2/\$5**

Sea salt crystals will reset your sweet taste buds to make a tantalizing taste combination.



**Endangered Species Chocolate  
All Natural  
Chocolate Bars**  
3 OZ  
All Stocked

**2/\$4**

Help protect endangered species with every delicious bite!!

3548 Electric Road, Promenade Park • Roanoke  
540.989.5109

4822-B Valley View Blvd, The District • Roanoke  
540.366.1764

35 East Main Street • Salem  
540.389.9583

294-B West Commonwealth Blvd • Martinsville  
276.632.4697

~ **Serving Southwest Virginia since 1977** ~



**Citra-Solv  
Valencia Orange  
Multi-Purpose  
Spray**  
22 FLOZ

**\$3.49**

Ready to use convenient spray bottle. Harnesses the power of orange extractives.



**Von's Natural Foods  
Gluten Free  
Blueberry  
Waffles**  
9 OZ Reg. \$3.99

**\$2.49**

An ideal way for gluten-sensitive folks to start the day!



**Nature's Way  
Extra Virgin  
Coconut Oil**  
All Stocked  
Includes New Liquids

**20% OFF**

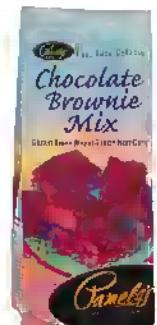
Great for cooking or as a moisturizers. Learn about the health benefits today!! Find a recipe for coconut bark and enjoy with dark chocolate, nuts, and coconut flakes!



**PROTECT YOUR SWEETHEART  
WITH CHOCOLATE**

Celebrate heart health month with the gift of dark chocolate. Chocolate with higher cacao content offers much higher levels of heart healthy antioxidants and has much lower levels of sugar. Combine with coconut oil and you have the perfect heart friendly, low sugar dessert.

## Deals On Gluten Free Products



Pamela's Products  
Wheat & Gluten Free  
Chocolate Brownie Mix  
16 OZ

**\$4.89**

This mix is for all chocolate lovers who are passionate about dessert!



Nature's Path  
Gluten Free Hot  
Oatmeal Variety Pack  
11.3 OZ

**\$4.39**

All of our best in one box!



Blue Diamond  
Single Serve  
Almond Milk  
11 FL OZ  
All Stocked

**\$1.29**

A great low sugar alternative to cow's milk. Perfect for making smoothies on the run. Try with Raw Fit shake mix for a low calorie and low carb meal replacement.



Udi's  
Gluten Free Pizza  
Crust  
9 IN 2 Pack  
8 OZ

**\$4.19**

A great way to make a pizza for anyone. Add your favorite toppings and leave the gluten aside.



Udi's  
Gluten Free  
Pizzas  
10 OZ  
All Stocked

**\$5.79**

A flavorful crowd pleaser. A great price on our most popular G/F pizzas.



Udi's  
Gluten Free  
Granolas  
12 OZ  
All Stocked

**\$4.79**

Loaded with natural caramelized flavor, crunch and uncluttered taste.



Green Mountain Gringo  
Medium Salsa  
16 OZ

**\$3.79**

The freshest tasting salsa in a jar.



Green Mountain Gringo  
White Corn Tortilla  
Chips  
Made with Organic  
Ingredients  
8 OZ

**\$2.49**

A sturdy, delicious, trans-fat free strip that stands up to your favorite salsa.



Enjoy Life  
Gluten Free  
Plentils  
4 OZ  
All Stocked

**\$1.99**

This chip's unique recipe results in a protein-packed, crunchy experience, bursting with flavor.



Udi's  
Soft n' Chewy  
Granola Bars  
5/1.23OZ  
All Stocked

**\$4.59**

One of three new soft & chewy granola bars, from a gluten free brand you can trust with Antioxidants Vitamin E and Zinc. Perfect for an on the go or a snack.



Van's Natural Foods  
Gluten Free French  
Toast Sticks  
8.5 OZ

Our wheat free French Toast Sticks are made from whole grain brown rice flour mixed with tasty brown sugar and cinnamon.



Schar  
Classic White  
Bread  
14.1 OZ

**\$3.99**

Schar offers you quality, safety and freshness for your daily meals.

# Healthy Shopping Made Simple



**Bragg**  
**Organic Apple  
Cider Vinegar**  
32 FL OZ

**\$4.99**

Organic, unfiltered, unheated and unpasteurized.



**Marley Coffee**  
**Stir It Up  
Organic Medium  
Roast Coffee**  
8 OZ

**\$6.99**

Rich smooth flavor into every cup.



**C2O Pure Coconut Water**  
**Pure Coconut Water**  
10.5 FL OZ

**\$1.39**

Our coconut water is here to keep you going.



**Annie's Homegrown  
Pasta &  
Cheese**  
6 OZ  
All Stocked

**\$1.69**

Totally natural and totally delicious!



**think Products**  
**Think Thin Bars**  
2.1 OZ Reg. \$2.29  
All Stocked

**2/\$3**

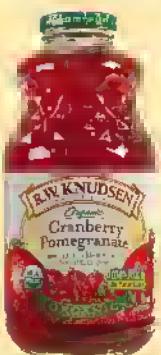
This delicious high protein bar is covered in milk chocolate to satisfy any craving.



**illy issima**  
**No Sugar Caffe  
Coffee Drink**  
6.8 FL OZ  
Reg. \$2.89

**\$1.69**

Bold and energizing, full-bodied character, a real Italian chilled coffee experience.



**R.W. Knudsen**  
**Organic Cranberry  
Pomegranate Juice**  
32 FL OZ

**\$3.99**

The best ingredients produce juices true to nature.



**Pacific Natural Foods**  
**Organic Chicken  
Broth**  
4/8 FLOZ

**\$2.79**

A mouth watering broth that's as fresh as you can get.



**Terra Chips**  
**Sweet Potato &  
Beet Chips**  
6 OZ

**\$2.49**

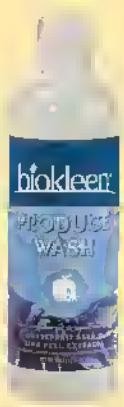
A hearty crunch that will create a memorable gourmet experience each time you open a new bag!



**biakleen**  
**Automatic Dish  
Powder**  
32 OZ

**\$7.19**

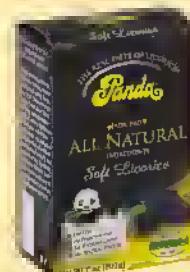
At last, a phosphate-free alternative with natural corrosion fighters.



**biakleen**  
**Produce Wash**  
16 FL OZ

**\$3.99**

Safe, natural, effective cleaner that helps remove soil, waxes, pesticides, herbicides, fungicides, and other pollutants from your fruits, vegetables, and poultry.



**Pando**  
**All Natural Soft  
Licorice Chew**  
7 OZ  
All Stocked

**\$2.79**

This premium quality soft licorice is made with time honored methods.

## Supplements and More

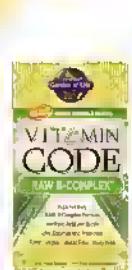
Natural Factors  
PGX Satisfast Organic  
Vegan Protein Bars

**\$2.79**  
Ea.



Aubrey Organics  
All Aubrey Skin Care

**20% Off**



Garden of Life  
RAW Meal, RAW  
Protein, RAW Fit  
**20% OFF**

Save on all Raw Protein based  
products from Garden of Life

Alacer  
Emergen-C  
Blueberry Acai  
Immune+D  
30 PKT  
Reg. \$18.99    **\$12.99**  
Selected Varieties  
A bold, juicy mouthwatering  
delight

Yerba Prima  
Colon Care  
Capsules  
180 CAP  
**\$10.49**

Aides proper digestion, regularity and  
elimination of toxins.



Irwin Naturals  
3-in-1 Joint  
Formula®  
90 liq. softgels

**20% OFF**

A targeted formula that incorporates  
the latest clinical research with  
additional joint supporting nutrients.

Garden of Life  
Vitamin Code  
Raw B Complex  
60 caplets  
**20% OFF**  
100% food based complex  
to make your B vitamins  
easy to absorb.



Nature's Plus  
Herbal Actives  
Red Yeast Rice  
600 mg  
30/60 tablets  
**20% OFF**

Providing the greatest  
concentration of active botanical  
principles,



Irwin Naturals  
Carb  
Blocker™  
75 liq. softgels

**20% OFF**

Clinically and scientifically proven to  
neutralize starch, found in your  
favorite foods such as potatoes,  
breads, pasta, rice and crackers.



Natural Factors  
Whey Factors™  
All Stocked

**20% OFF**

A high quality, low carbohydrate  
protein powder with a high  
concentration of branched-chain  
amino acids (BCAA).

Salgar  
Brewer's Yeast  
Powder  
16 oz.

**20% OFF**



Minami Nutrition  
MorEPA  
Platinum  
All Sizes

**20% OFF**

Super concentrated one a day fish  
oil. 750 EPA and 250 DHA in this  
super critically extracted pill.



Michelle's Miracle  
Tart Cherry Juice  
Concentrate

16 FL OZ  
Reg. \$29.99  
**\$19.99**



This super-premium cherry  
concentrate has no preservatives  
and no additives.



Bairan  
Oscillococcinum  
6 DOSE    **\$10.99**  
Reg. \$14.99

Reduces the duration and  
severity of flu symptoms.



American Health  
Ester-C With  
Citrus  
Bioflavonoids  
All Stocked  
**20% OFF**

A unique gentle form of vitamin C.  
Buffered and easily absorbed.



Nature's Way  
Garlicin  
Products  
All Stocked  
**20% OFF**  
Fresh prepared garlic that is enteric  
coated to prevent odor.



Jason Natural Products  
Body Washes  
30 FL OZ Reg. \$15.75  
All Stocked  
**\$9.99**  
Rich natural oils, emollients and  
humectants are combined for your  
bathing pleasure.



Gentle, Fragrance Free and great for  
sensitive skin types.



Giovanni Hair Care Products  
Avocado & Olive  
Oil Cosmetic Line  
8.5 FL OZ Reg. \$8.99  
**\$5.99**

Moisturization for both your hair  
and body



Rich natural oils, emollients and  
humectants are combined for your  
bathing pleasure.

Jason Natural Products  
Fragrance Free  
Body Wash  
16 FL OZ  
**\$7.49**

# Think Heart Healthy!



Four locations to serve you!

[www.naturesoutlet.net](http://www.naturesoutlet.net)

3548 Electric Rd - Roanoke  
Promenade Park  
540.989.5109

4822-B Valley View Blvd - Roanoke  
The District  
540.366.1764

35 E Main St - Salem  
540.389.9583

294 Commonwealth Blvd - Martinsville  
276.632.4697

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SOME ITEMS MAY NOT BE AVAILABLE. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.